



Siouxland Healthy Homes Coalition

Hoarding Disorder

Vision:

Working to create safe and healthy homes to support a healthy community.

Mission Statement:

The Siouxland Healthy Homes coalition is a comprehensive approach to: Educate and partner within the community to promote the 8 principles of a healthy home. Keep it Dry, Keep it Clean, Keep it Pest-Free, Keep it Ventilated, Keep it Safe, Keep it Contaminant-Free, Keep it Maintained, Keep it Thermally Controlled.

Core Values:

Health focused
Educating
Advocating
Leading
Training
Hearing the community
Yielding results

Helping
Optimizing
Motivating to action
Engaging community partners
Sustaining

According to the Mayo Clinic: "hoarding disorder is a persistent difficulty discarding or parting with possessions because of a perceived need to save them. A person with hoarding disorder experiences distress at the thought of getting rid of the items, regardless of actual value." Hoarding disorder also includes the hoarding of animals.



Getting Started

It's important to remember that many people with hoarding disorder also experience other mental health disorders. Treating the disorders listed below may also help with treating hoarding disorder:

- Depression.
- Anxiety disorders.
- Obsessive-compulsive disorder (OCD).
- Attention-deficit/hyperactivity disorder (ADHD).

If you have a loved one that you think may be suffering significantly from a hoarding disorder:

- Get to know local agencies that help individuals with mental health disorders.
- Don't do it alone. Decreasing isolation may be a motivator to change. Enlist the help of relatives, friends or mental health professionals.
- Be prepared that the process to recovery may take a long time.

When to seek help:

If you or a loved one has symptoms of hoarding disorder, talk with a doctor or mental health professional as soon as possible.

Information courtesy of:
www.mayoclinic.org

When does hoarding become an emergency health issue:

If the hoarding disorder threatens health or safety, you may need to contact local authorities, such as police, fire, child or elder protective services or animal welfare agencies.

Information courtesy of:
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The Siouxland Healthy Homes Coalition is coordinated by the Siouxland District Health Department
1014 Nebraska St * Sioux City, IA * 51105 * 712-279-6119
www.siouxlanddistricthealth.org

Resources

Behavioral Health:

Siouxland Mental Health
712-252-3871
www.siouxlandmentalhealth.com

Plains Area Mental Health Center
800-325-1192
www.plainsareamentalhealth.org

Siouxland Community Health Center
Sioux City: 712-252-2477
South Sioux City: 402-412-7242
www.slandchc.com

State Resources:

Iowa Department of Health and Human Services
800-972-2017
www.dhs.iowa.gov

Nebraska Department of Health and Human Services
800-833-7352
www.dhhs.ne.gov

South Dakota Department of Social Services
855-878-6057
www.dss.sd.gov

Animal Welfare Services:

Sioux City Animal Control
712-279-6170

The Siouxland Humane Society
712-252-2614

Siouxland Healthy Homes Coalition

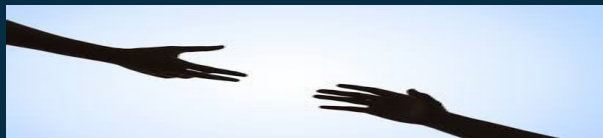
Do's and Don'ts When Helping a Person Who May Have a Hoarding Disorder

Do's

- Start when the person indicates readiness
- Validate their feelings and difficulties
- Encourage therapy and/or psychiatric medication management
- Start small, one item at a time
- Explore the benefits of getting rid of something versus the risks with keeping it
- Keep them focused on today and onward
- Celebrate even the smallest of progress
- Remember that this is a mental health condition that does not rationalize the way other brains might
- Understand that some backsliding is a normal part of the progress

Don'ts

- Label people or call them a "hoarder"
- Nag at, guilt, threaten or compare them
- Tell them what they have to do or give ultimatums
- Try to argue with their logic
- Isolate them
- Throw out or take anything without express consent



Helpful Reminders

People with hoarding disorder typically save items because:

- They believe these items are unique or will be needed in the future
- The items have important emotional significance because the items are a reminder of happier times or represent beloved people or pets
- They feel safer when surrounded by the things they save
- They don't want to waste anything

Hoarding disorder is different from collecting. People who have collections, such as stamps or model cars, deliberately search out specific items, categorize them and carefully display their collections. Although collections can be large, they aren't usually cluttered and they don't cause the distress and impairments that are part of hoarding disorder.

Information courtesy of:
www.mayoclinic.org



The Siouxland Healthy Homes Coalition in partnership with the Siouxland Mental Health Center worked together to create this handout. This handout is not meant to diagnose or treat anyone who may have a hoarding disorder and is for assistance purposes only. For any questions or help please contact your local mental health service or the resources listed on this handout.